

CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 9, NO. 3, MARCH 2021



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IMPORTANT NOTICE

The March issue of the Courier was submitted to the publisher at the end of January, at which time the Center was closed to the public to reduce the spread of COVID-19 in our community. While many of our programs are pending the City/State's decision to reopen, we hope you'll participate in some virtual options that appear in this issue.

SOUND^{the} ALARM!

Fire Prevention Tips for Seniors



Cooking fire safety

Keep sleeves and loose clothing away from the cooktop.



Outdoor fire safety

Keep a safe distance from any outdoor fire. Keep lighter fluid off clothing.



Space heater safety

Space heaters need space. Keep loose pants and robes away from heaters.



Smoking

Smoking materials can ignite clothing. Don't smoke while drowsy.

Remember: All Clothing Burns!



USCPSC



NSN-01-102020

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DIRECTOR'S CORNER

Hello Everyone,

Wishing you a lovely spring season starting March 20! We have made it through a year with COVID-19. Thank you for continuing to protect yourselves with masks, hand washing and keeping distance from others not in your household. Even with the vaccine being more widely distributed, we will probably need to keep these practices in place for a while.

For anyone who is having difficulty registering for the vaccine, or any other difficulties related to COVID -19, don't hesitate to contact us at the Callahan Center. We are available to help.

Wishing a Happy St. Patrick's Day on March 17, a **Blessed Passover** beginning March 27 and a **Happy Palm Sunday** on March 28.

We can direct you to numerous ways to save money and help stretch a limited budget. See page 4 for more details about changes to the Tax Deferral Program. Our Social Services staff are available to help you enroll in SNAP, fuel assistance and other benefits you may be eligible for. We can even arrange for free taxi transportation around Framingham and beyond, see inside for more details.

Thanks to the **MA Cultural Council** and the **Framingham Cultural Council** and the generosity of the **Friends of Callahan** and the **researching and grant writing of Paula Geller**, we are resuming the Cultural Council programming in 2021! We do hope you sign up for these Zoom sessions related to the role of the Irish in the American Revolution, Turning Points that Changed American History and the History of the General Store. Remember, you can listen to some of these presentations by phone, even if you don't have a computer!

We have four more programs not related to the Cultural Council that you may also enjoy. **Meet Framingham's Chief of Police, Lester Baker**, enjoy the sites of **Machu Picchu** and the **Netherlands** without getting on a plane, and learn about the extraordinary success of the **Beatles** from a true Beatles scholar.

Stay safe and well,

Grace

CALLAHAN CENTER STAFF

STAFF

Grace O'Donnell, MS, Director of Elder Services
Randy Aylsworth, Assistant Director
Paula Geller, Programs Manager
Tricia Welsby, Administrative Assistant
Ralph Dunlea, Computer Room Coordinator
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist
Paul Gambrazzio, Van Driver
Dan Coletti, Van Driver

SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavalley, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Sam Swisher, MBA, Outreach Volunteer Coordinator
Deb Bourque, BA, CDP, Continuing Connections Program Assistant

SHINE

Kathy Worhach, SHINE Director
Michelle Gucciardi, SHINE Assistant Director

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**
Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of Operation:

Monday through Friday, 8:30 a.m.-4:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin

Members:

Brenda Diaz, Mark Goldman,
Audrey Hall, Mike McGibbon,
Betty Muto, Jennifer Rich,
Linda Schwartz, Brian Sullivan,
Glenda Thomas, Ruthann Tomassini

The COA Board Meeting
March 9 at 1:30 p.m.



Accredited by 
National Institute of
Senior Centers

FROM THE CALLAHAN CENTER

While the Callahan Center remains closed to the public, some staff are permitted to work on site while others continue to work from home. Please know that the front desk is staffed Monday through Friday from 8:30 am to 4:30 pm and can be reached at 508-532-5980, ext. 0. All staff continue to monitor calls and email from the office or remotely.

BREAKING NEWS

SEE WHAT'S NEW ON PAGES 6 & 7

- * NEW Monthly Stretch Class with Anthony
- * Callahan Programs now available on demand on Access Framingham TV!
- * NEW Callahan Discussion Groups are in the works: Travel, Current Events, Framingham Then & Now.

CALLAHAN LEGAL CLINIC

All appointments by phone!
Tuesday, March 23, 9-11 a.m.



Meet via phone with an attorney from MetroWest Legal Services (MWLS) to discuss legal issues (will not advise on estates and trusts). **FREE Consultations are 20 minutes in length.** To make an appointment, please call Paula at 508-532-5980, ext. 9. **Note: If you're unavailable on 3/23, MWLS can be reached at 508-620-1830.**

WOULD YOU LIKE SOME \$ FROM MA?

The Senior Circuit Breaker Tax Credit is available to homeowners or renters age 65 or older by the end of the tax year, who meet the income and property value guidelines. The maximum credit for tax year 2020 is \$1,150.

The income limits for owners or renters are:
\$61,000: Single person
\$76,000: Head of household
\$92,000: Married couple filing a joint return

Since this is a refundable tax credit, you don't have to owe taxes to receive it, but you need to file a state income tax return. Bring your water and sewer bills along with your property tax bills to your tax preparer. You can also apply for the credit retroactively up to three years.

For Homeowners: If the combination of the property taxes plus 50% of your water and sewer bills for the year exceeds 10% of your income you could be eligible for the credit, up to the maximum allowed. The property's assessed value cannot exceed \$848,000 as of 1/1/2020.

For Renters: If 25% of the rent you paid in the calendar year exceeds 10% of your income you may be eligible for the credit, up to the maximum allowed (**not** eligible if you receive a rent subsidy).

For full details, exclusions, and forms, call 1-800-392-6089 or visit www.Mass.gov/DOR.

2021 FREE AARP TAX AID AVAILABLE

Appointment Required: 508-532-5980

AARP Tax Counselors are available to assist with filing taxes. Please note that the availability of appointments may be more limited than in prior years due to COVID-19. This program is offered to Framingham seniors - age 60 and older - who meet the following guidelines:

- Single or married filing separately with annual income of \$60K or less
- Head of household with annual income of \$75K or less
- Married couple filing jointly or Qualifying Widow (widow with a dependent) with annual income of up to \$80K

AARP Tax Counselors are unable to assist with complex tax returns. There is no charge for this service, however, donations to the Friends of Callahan are welcomed.

NEW: TAX DEFERRAL GUIDELINES

Applications due by April 1

The Framingham City Council recently approved an expansion of the city's property tax deferral program for homeowners age 65+. Seniors earning less than \$60,000 annually can now qualify for the program. The city also lowered the annual interest rate due on taxes deferred through the program from 4% to 1%.

A deferral allows seniors to use resources that would go to pay taxes for other important living expenses. Eligible seniors can defer up to a maximum cumulative total of half the value of their homes. Once a senior stops participating in the program or the property is sold/transferred, the total amount of taxes deferred is due to the city, plus 1% interest annually on property taxes accrued while the person participated in the program. For more information and an application, contact the Framingham Assessor's Office at 508-532-5415.

NEW: CLOSED CAPTIONING NOW AVAILABLE FOR ZOOM PROGRAMS



In an effort to promote greater accessibility to Zoom content for those who are hearing impaired, the Callahan Center will engage a captioning service, as available and requested for specific programs. Please call the front desk to request captioning for specific Callahan Zoom programs at least 2 weeks in advance, and we will engage the service as possible. (Due to high-demand, the captioning service recommends a two-week lead time.) *Because the captioning service is compensated per program, we ask that you request captioning for only those programs you plan to attend.*

COVID-19 UPDATES & ADVISORIES

For state info about Covid-19 and the vaccine, visit Mass.Gov: Click on the top, right hand tab for COVID-19 information. **For local info, visit Framingham.Gov:** Click on *City of Framingham COVID-19 News*. If you do not have internet access, be sure to tune into local news or call 2-1-1 for telephone assistance.

FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS

If you are in need of transportation, please see page 9 for free options now available.

RMV SENIOR DAYS FOR AGES 75+

Massachusetts law requires drivers who are age 75 or older to renew their licenses in person. The Registry of Motor Vehicles (RMV) has designated Wednesdays in March - at 17 Service Centers - to serve customers age 75+ whose licenses expire in March. A reservation is required. The Service Centers with designated senior days that are closest to Framingham are located in Watertown and Worcester.

In addition to Senior Days, below are options to renew your license by appointment:

- If you are a AAA member, you may make a reservation to renew your driver's license/ID at a AAA location. Visit www.aaa.com/appointments to schedule your visit.
- If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew at an RMV Service Center or call the RMV at 857-368-8005.

CHANGE YOUR CLOCK - CHANGE YOUR BATTERIES - Maybe your detectors, too.

Sunday, March 14, 2 a.m.

As we spring ahead for Daylight Savings Time, the U.S. Consumer Product Safety Commission (CPSC) reminds you that now is the perfect time to check and change the batteries in smoke and carbon monoxide (CO) alarms. If either device is more than 5 or 7 years old replace the device, altogether.

THE CALLAHAN COURIER IS ALWAYS AT YOUR FINGERTIPS

The Callahan Courier newsletter is available by mail and online each month. For the online version, simply enter a Google search for Callahan Courier.



JOIN US FOR CALLAHAN AT HOME BY HOME PHONE, CELL PHONE, TABLET, OR COMPUTER

Technology not required! Please call the front desk at 508-532-5980 to register. We will email or call you to provide the Zoom code prior to the program date. **Closed Captioning** now available for Zoom programs. See page 4 for details.

CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.



THE IRISH AND THE AMERICAN REVOLUTION

Wednesday, 3/17, 1-2:30 p.m.

Presented by: Professor Richard Bell

Register by 3/15

Men of Irish heritage played crucial roles in fighting the American Revolution, some siding with the British Army, and many others siding with the patriots against the British Army. In this program, Dr. Richard Bell explores the Revolution from the perspective of the Irish and their descendants in America. Drawing on the latest scholarship, Bell reconstructs the history of English and Irish antagonism, the role of religious faith in decisions about loyalty and affiliation, and the political and economic impact of the American Revolution on Ireland itself. Richard Bell is Professor of History at the University of Maryland, and author of the highly acclaimed, new book ***Stolen: Five Free Boys Kidnapped into Slavery and their Astonishing Odyssey Home***. He has held major research fellowships at Yale, Cambridge, and the Library of Congress and is the recipient of the National Endowment of the Humanities Public Scholar award.



VIRTUAL

TURNING POINTS THAT CHANGED AMERICAN HISTORY

Monday, March 22, 1 p.m.

Presented by: Professor Edward T. O'Donnell

Register by 3/18

In the relatively short history of the United States, there have been many turning points and landmark movements that irrevocably altered the direction of the nation and signaled the dramatic start of a new historical reality. Some took the form of groundbreaking political and philosophical concepts; some were dramatic military victories and defeats. Still others were nationwide social and religious movements, or technological and scientific innovations. This presentation will examine three of the most significant turning points and how they altered the course of American history. Edward T. O'Donnell is a history professor at Holy Cross College in Worcester, MA. He is the author of several books, including *Visions of America: A History of the United States*. O'Donnell also hosts a popular U.S. history podcast, *In The Past Lane*, and writes history-themed feature and opinion pieces for the *Huffington Post*, *Newsweek*, and the *New York Times*.



VIRTUAL

EVENING PROGRAM ON ZOOM NEW ENGLAND'S GENERAL STORES - EXPLORING AN AMERICAN CLASSIC

Wednesday, March 31, 6:30 p.m.

Presented by: Ted Reinstein, Broadcast Journalist

Register by 3/29

The general store is literally as old as America itself. It harkens back to a simpler time and a more innocent and rural nation. It conjures a country-like place where kids come in to buy penny candy, and adults to buy everything from swaths of fabric to fresh vegetables to four-penny nails. Broadcast journalist Ted Reinstein shares the rich and colorful history of this iconic institution, how they figured in the rise of early American commerce, why they began to fade, and why they have begun to come back and even be re-invented and re-imagined for a new era. Since 1995, Reinstein has been a reporter for Boston's WCVB-TV's "Chronicle," the nation's longest-running locally-produced nightly-newsmagazine. He also provides reports and commentary on Sunday mornings for the station's political roundtable show, "On The Record."



MEET CHIEF OF POLICE LESTER BAKER

Wednesday, March 10, 1:30 p.m.

Register by 3/8

Join the conversation as the Callahan Center welcomes newly appointed Framingham Chief of Police Lester Baker for an informal conversation. In addition to sharing updates from the Framingham Police Department, Chief Baker would like to know what's on your mind. Here's your opportunity to speak with the Chief about topics that matter to you. **To assist in planning, please submit your questions/topics for the Chief by Monday, 3/8** by emailing Deputy Chief Sean Riley at sdr@framinghamma.gov or calling 508-532-5903.



VIRTUAL

MACHU PICCHU & THE SACRED VALLEY OF PERU

Thursday, March 11, 1:30 p.m.

Presented by: Devik Wyman. Register by 3/9

From the time the sun first touches the mountaintops until the mists blow into the valleys in the afternoon, enjoy a virtual tour of magical



VIRTUAL

Machu Picchu. Visit Cuzco and Ollantaytambo, see crowded markets, marvel at the salt pools at Maras, and learn about the mysterious concentric terraces at Moray. Presenter Devik Wyman has traveled frequently to Latin America to source products for her Fair Trade store. She sometimes lived with families while studying Spanish and learning about local cultures and social justice issues. Pre-pandemic, she led small-group tours to Mexico and Guatemala.

FROM THE SHADOW OF JFK THE RISE OF BEATLEMANIA IN AMERICA

Tuesday, March 16, 1 p.m.

Presented by Aaron Krerowicz, Author

Register by 3/12

Many Beatles' authors have cited John F. Kennedy's assassination on November 22, 1963 as a cause of the Beatles' sudden popularity in the U.S. in early 1964. Their logic: Kennedy's assassination made America sad, then the Beatles made America happy again. But this commonly accepted answer is overly simplistic. America has suffered numerous tragedies and rebounded each



VIRTUAL

time, but the popularity and staying power of the Beatles remains unmatched in American history. Joining us from Indianapolis, Aaron Krerowicz has written six books about The Beatles and delivered more than 500 educational presentations throughout the U.S., England, and Canada.

THE NETHERLANDS: LAND OF WIND, WATER AND WILDLIFE

Wednesday, March 24, 1:30 p.m.

Presented by: Joy Marzolf, The Joys of Nature
Register by 3/22

To many, windmills are the iconic symbol of the Netherlands. For centuries, the Dutch have controlled the flow of water with dikes and windmills in order to reclaim land from the sea. In more recent years, they have added vast storm barriers to protect their population from stronger storms and higher seas. While much of the land is engineered, there have been great efforts to protect the nature that remains. From year-round and migratory birds to mammals, butterflies and flowers, signs of nature can be found in abundance across the grasslands, forests, wetlands, and seashores. Joy Marzolf leads us through the history and amazing wildlife of the Netherlands.

VIRTUAL

LEARN SOMETHING NEW TAKE A COMPUTER CLASS...OR TWO

INTRO TO ZOOM

Monday, March 15, 1:30 p.m.

Instructor: Ralph Dunlea

Must register by 3/11

If you're new to Zoom or would like to learn basic Zoom features, this class is for you! A tablet, laptop, PC or smart phone are needed to participate in this Zoom class. By the end of the class, we hope that you'll be able to easily connect to Zoom and enjoy live programming. We'll even send you information ahead of time to help prepare you for the class. Have no fear, Ralph is here to walk you through the process, step by step.

VIRTUAL

ONLINE SECURITY AND SAFETY

Monday, March 29, 1:30 p.m.

Instructor: Ralph Dunlea

Must register by 3/25

In today's connected world, shopping, banking, paying bills, etc., is more convenient than ever thanks to the Internet. But as online transactions have grown in popularity, the Internet has become a more lucrative arena for scammers in their quest to trick buyers into paying for goods they won't receive or to obtain personal information for financial gain. This class will show you how to stay safe online.

VIRTUAL

BETTER BREATHERS GROUP

PULMONARY REHABILITATION

Tuesday, March 23, 1:30 p.m.

The respiratory team from Reservoir Nursing Center joins us to discuss strengthening your respiratory muscles. Folks with COPD and respiratory issues can benefit from exercise, as well as other modalities to improve their quality of life. Mary Scotland, Respiratory therapist from Reservoir, will lead the discussion.

VIRTUAL

DID YOU MISS A CALLAHAN

PROGRAM? VIDEO ON DEMAND

NOW AVAILABLE OR WATCH ON TV VIA ACCESS FRAMINGHAM

Some Callahan Center programs are now accessible on Access Framingham TV (AFTV).



TO WATCH ON DEMAND: If you missed Dr. Andrew Budson's January presentation on the **Seven Steps to Managing Your Memory**, here's your opportunity to watch this wonderful program, as well as others including Ted Reinstein's program about **New England's Famous Feuds**. New recordings will be regularly added and available to view at your convenience. Simply visit: <https://www.accessfram.tv/search/episodes> and enter **Callahan** as your search term. This will bring up all the programs that the

Callahan Center has posted. (Not all programs are recorded; taping is contingent upon the presenter's approval.)

TO WATCH ON TV: Callahan taped programs will also air on the AFTV cable channels, typically for several weeks. AFTV is cablecast in Framingham on:

- Comcast channel 9
- RCN HD channel 1100; RCN channel 3
- Verizon channel 43

Because these special programs will be shown as AFTV scheduling allows, they won't have fixed time slots.

FRANK & MARY IN FRAMINGHAM

Watch **Frank and Mary in Framingham**, a monthly show with co-hosts Grace O'Donnell and Arthur Bergeron, featuring topics of interest to seniors. This show regularly airs at 9 a.m. on Tuesday, Thursday and Saturday on Access Framingham TV. Episodes are also available online at www.accessfram.tv - enter "Frank and Mary" in the search bar - or view at any time on: youtube.com/ElderLawFrankAndMary.

Special thanks to Callahan volunteer Bill Rabkin for generously sharing his time and talents to record and edit programs for airing on AFTV.

FITNESS & WELLNESS

NEW FIRST FRIDAYS

VIRTUAL

STRETCH CLASS WITH ANTHONY Friday, March 5, 10:30-11 a.m.

This half-hour stretch class will help keep your muscles flexible, strong and healthy. Older adults need flexibility in order to maintain a range of motion in the joints. This class - offered the first Friday of every month - will teach you how to keep your whole body loose with simple stretches you can do on your own from the comfort of home.

STRENGTH TRAINING/CARDIO WITH DELANEY

VIRTUAL

**Mondays & Wednesdays
9-9:45 a.m., \$3 per class**

We will use large muscle groups in rhythmic motions to help you strengthen your core and burn calories. The class will encompass a warm up followed by workouts focusing on the upper body, lower body, and core (on a chair or floor/mat). Participants may use hand weights, resistance bands, and a floor mat if you have them. To sign up for this program offered via Zoom, please email Paula at pgeller@framinghamma.gov.

AEROBICS WITH ANTHONY Tuesdays, 10-10:45 a.m.

VIRTUAL

This weekly, low-impact aerobics class combines the benefits of strength training, cardio and stretching. Movements can be done from a standing or seated position. Participants may use

2-3 lb. hand weights (or soup cans), if you have them. To sign up for Aerobics, please email Paula at pgeller@framinghamma.gov.

ZUMBA WITH SUSAN CRAVER

March classes pending, \$3 per class

Zumba mixes Latin rhythms and easy-to-follow moves, so you have fun while exercising. Join Susan for this live, 45-minute Zoom class by laptop, tablet, or smart phone with camera, so that you can see Susan. Instructor Susan Craver has been teaching dance for over 25 years. For more information, please email Paula at pgeller@framinghamma.gov.

VIRTUAL

CHAIR YOGA

Fridays, 11 a.m., \$3 per class

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. Poses are done from a seated position. This Zoom class requires a laptop/tablet or hand-held device with camera, so you can see the instructor and she can see you. For more information, please email Paula at pgeller@framinghamma.gov. Note: At the instructor's request and for safety reasons, the class size is limited.

VIRTUAL

MINDFUL LIVING & MEDITATION

Wednesdays, 10:30-11:30 a.m., \$3 per class

Participate in this popular class via internet **or by phone**. Each week is a combination of mindful awareness practices, breathing techniques, meditations and more that help cultivate a heart-centered community, nurture a positive mindset, actively work with tension and anxiety, and so much more. Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. To sign up, please email Paula at pgeller@framinghamma.gov or call 508-532-5980, ext. 9.

NEW NUTRITION TOOLS FOR OLDER ADULTS

The Massachusetts Council on Aging (MCOA) offers new nutrition tools on their website, including recipe and tip sheets. In addition, MCOA is creating monthly nutrition education/cooking segments that will run through 2021. Each 30-60 minute show will be posted to MCOA's YouTube channel and available through their website: <https://mcoonline.com/advocacy/malnutrition/>. The theme for March is Fads & Myths.

VIRTUAL PROGRAMS VIA ZOOM ARE EASILY ACCESSIBLE BY TELEPHONE (LANDLINE), SMARTPHONE, TABLET OR COMPUTER.

**Note: Fitness programs
require a tech device so that
you can see the instructors.**



LET'S TALK: CONVERSATION GROUPS

NEW ZOOM GROUPS IN THE WORKS!**Participate by telephone or internet**

If you're interested in joining the conversation, please contact Paula at pgeller@framinghamma.gov or 508-532-5980, ext. 9.

TRAVEL DISCUSSION GROUP

Starts Wednesday, March 10, 3:30 p.m.

This group will meet monthly to explore travel destinations throughout the world. Each month we'll spotlight a different region or country. Contribute to the conversation or learn about new areas as we discuss notable sites, where to stay, travel strategies, and insider tips.

**DISCUSSION GROUP:
TIMELY TOPICS**

The topics are endless as this group discusses contemporary news and events. Looking for participants and facilitators to help launch the group and start the conversation.

FRAMINGHAM THEN & NOW

Share your memories of Framingham of yesteryear...the landmarks, restaurants, businesses, stores, neighborhoods, and more. Looking for a co-facilitator and participants to join the discussion.

SPORTS FANATICS**VIRTUAL**

Mondays, 10 a.m. Led by Mark Goldman

Sports are back, even if the arenas aren't filled with fans. There's plenty to talk about like trades, how leagues and unions continue to adjust to new needs, and what the future holds here and abroad. To join the lively conversation and add your name to the Zoom invitation list, please contact Mark Goldman at goldmanmj59@yahoo.com.

CONVERSATION AND HUMOR

Fridays 12:30-1:30 p.m.

Led by Mary Megill

VIRTUAL

The Conversation and Humor Group is a wonderful opportunity to connect with others and engage in friendly conversation. Join us for a laugh or two, share a joke or simply listen. A dose of humor promotes good mental health and has a beneficial effect on common health challenges. Who couldn't use a bit of laughter right now! To add your name to the Zoom list, please contact Paula at pgeller@framinghamma.gov or 508-532-5980, ext. 4110.

PATHWAYS CAFÉ**& VIRTUAL COFFEE HOURS**

Hosted by BayPath Elder Services

Join the virtual conversation! LGBTQ+ folk and SOFFAs (Significant Others, Family, Friends, and Allies) welcome. Please RSVP to Julie at jnowak@baypath.org or 508-573-7288 (confidential, direct line w/voicemail) for more info and Zoom link.

**REMOTE VOLUNTEER SUPPORT AVAILABLE TO HELP WITH YOUR TECH NEEDS:**

Whether you need help with your tech device or assistance with Zoom, our volunteers can answer your technology questions. We will coordinate virtual appointment times based on your availability, as well as that of the volunteer.

To Request Help: Please contact Ralph Dunlea, Computer Room Coordinator, at rwd@framinghamma.gov or 508-532-5980, ext. 4983. **Please leave a message with your name, phone number, email address, and your specific technology need.** Please keep in mind that based on the volume of requests, staff will follow up with you in as timely a manner as possible, given that some staff are working from home and available on a part-time basis.

**WE'RE LOOKING FOR VIRTUAL VOLUNTEERS
MAKE A DIFFERENCE FROM YOUR HOME**

BECOME A CALLAHAN ZOOM COHOST: Help needed with cohosting Callahan's Zoom programs. Flexible schedule...work from home! Candidates should be patient, flexible, reliable, and have some experience using Zoom. Cohosts will assist with the waiting room, chat and other behind-the-scenes issues. Orientation and some training will be available. For more information please email Paula at: pgeller@framinghamma.gov.

SHARE YOUR INTERESTS WITH OTHERS: Connection, discussion and friends can make this time at home more fun and enjoyable. We are seeking volunteers to lead monthly programs on Zoom to bring people together in this new virtual space. Do you have an interest area or hobby that you could share virtually? Chances are there are others who have the same interests and would enjoy the conversation and exchange of ideas. You don't need to be an expert or professional in any area...just bring your interest and enthusiasm to lead a discussion.

We'll help prepare you to lead a group on Zoom. The schedule is virtually flexible! What better time than now to try something new. What better time than now to make new friends and expand your social circle!

We'd love to hear your ideas and here are some thoughts to consider:

- Cook's Corner, share recipes and cooking tips
- That's Entertainment, discuss movies and tv shows, past and present
- Crafting Hour, share projects you've been working on and feel inspired by
- We welcome all suggestions!

If you are interested in learning more, please contact Paula at: pgeller@framinghamma.gov or call: 508-532-5980, ext. 4110.

JOIN OUR VIRTUAL CORPS OF TECH VOLUNTEERS: Help older adults stay connected to family, friends and community while socially distancing. We are seeking enthusiastic volunteers who can assist adults age 55+ with some technology support from home. Volunteers will provide assistance on the use of electronic devices (tablets, phones, etc.) and/or on using Zoom. Volunteers should have familiarity with at least one type of device (Apple, Android, or E-Reader) and/or familiarity with Zoom.

To participate, you will need your own PC, tablet or smartphone with camera and mic. Volunteers should be patient, understanding and have clear communication skills when working with participants. Volunteers will receive some training on working with older adults in a virtual environment. Schedule is flexible based on your availability. People with bilingual skills are encouraged to apply. For more information please email Ralph at rwd@framinghamma.gov.



SUPPORT GROUPS AT CALLAHAN CENTER

Callahan Support Groups are meeting virtually by telephone (landline), smartphone, tablet or computer.



LOW VISION GROUP

Wednesday, March 17, 11-12:30 p.m.

Meeting via phone

Participate from home. For more information please call the front desk: 508-532-5980.

BEREAVEMENT SUPPORT GROUP

Tuesdays, March 9 & 23, 1-2 p.m.

Meeting via phone or Internet

Join Bereavement Clinician Bailey Marshall, LICSW, for meetings on Zoom via phone or internet. This program is offered in partnership with Good Shepherd Community Care. Group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108 at least two days prior to the meeting.

PARKINSON'S SUPPORT GROUP

Tuesday, March 2 & 16, 1-2 p.m.

Meeting twice a month via phone or Internet

Please call Lisa at 508-532-5980, ext. 4108 at least two days prior to the meeting to receive the Zoom link and codes.

GRANDPARENT SUPPORT GROUP

Participate from home!

Meeting twice a month.

Thursdays, March 11 & 25, 10-11 a.m.

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

WOULD A FRIENDLY CALL HELP BRIGHTEN YOUR DAY?

We know that these are challenging times. In hopes of promoting personal connections and conversation, the Callahan Center offers a Friendly Caller Program. Our trained volunteers make regular calls to people who would enjoy engaging in friendly, informal conversation. The participant and caller decide together how often and how long they will talk. We've heard from volunteers and participants alike who appreciate the new friendships they've formed. Volunteers can also check in to make sure you have everything you need and connect you with resources. For more information, please call the Social Services Dept. at 508-532-5980, ext. 4108 (Lisa) or ext. 4134 (Cheryl).

JFS ALLY NAVIGATOR - HELPING LGBT+ OLDER ADULTS ACCESS MEDICAL CARE:

This program offers specially trained volunteer Allies who will escort you to your medical appointments, support you throughout the visit, and ensure that you have the information you need to make informed decisions about your health care. Offered free of charge. Call JFS of Metrowest at 508-875-3100 x 110 or email patientnav@jfsmw.org to learn more.

ARE YOU IN NEED OF MEDICAL EQUIPMENT?

The Callahan Center is not accepting or loaning out equipment at this time due to COVID-19. In the meantime, we encourage you to connect with **MetroWest M.A.S.O.N** for your Durable Medical Equipment needs. Equipment is loaned free of charge; donations are voluntary. **To borrow or donate equipment:** Call 508-782-4301 or email: info@mason-metrowest.org. Note: You do not have to be a Mason to borrow equipment, however, this equipment is for home use only; it may not be used in nursing homes or rehab facilities.

BEHAVIOR HEALTH RESOURCES

The COVID-19 pandemic is stressful for many. It is essential to care for yourself and manage your mental health.

Behavioral Health Partners of MetroWest

is a collaboration of local provider agencies with expertise in mental health, substance use, and addiction. Call the MetroWest Referral Line at 1-844-528-6800, Monday-Friday for a free consultation with a care coordinator who can connect you to the appropriate service based on your needs. Behavioral Health Partners of MetroWest is a collaboration of four partner agencies, including: Advocates, South Middlesex Opportunity Council (SMOC), Spectrum Health Systems, Wayside Youth & Family Support Network.

Advocates Psychiatric Emergency Services:

Crisis team provides assessment and intervention via telephone and video for people of all ages who are experiencing a mental health and/or substance use emergency. Available 24 hours each day, call 800-640-5432. Virtual support groups also available.

Call 2 Talk is a program run by Mass 211 for mental health, emotional support, and suicide prevention. Assistance is available 24 hours a day. Call: 2-1-1 or (508) 532-2255 or Text: C2T to 741741

LGBTQ Parent & Caregiver Helpline from Greater Boston PFLAG: Call 866-427-3524.

Veteran's Crisis Line from the US Department of Veterans Affairs: Call 800-273-8255.

Network of Care Massachusetts:

Comprehensive statewide online resource - <https://massachusetts.networkofcare.org/mh/index.aspx>

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FROM THE SOCIAL SERVICES DEPARTMENT

COVID-19 has been a life-changer for all. Please know that our Social Workers are available to provide phone consultations and supportive counseling as we all continue to navigate the challenges, fears, sadness, and uncertainty of our time, 508-532-5980, press 2 for Social Services.

EXPERIENCING A CONSUMER

ISSUE? The Consumer Assistance Office is a non-profit organization, working in cooperation with the Office of the Massachusetts Attorney General, to provide free information and dispute resolution services to area consumers when they encounter problems with businesses. To learn more, contact the Consumer Assistance Office-Metro West at www.caomw.org or 508-651-8812.

HELP WITH PENSION ISSUES

The Pension Action Center, located at UMass Boston, is staffed by experienced pension lawyers and counselors who can help you understand your rights under pension law and claim the retirement income benefits that you have earned. Assistance is free of charge to anyone with a pension question or problem, regardless of age, income, or value of the claim. Please call 617-287-7300 for assistance.

THREE, FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS!

Face coverings required for all ride services available.



FREE CALLAHAN SHARED-RIDE VAN:

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents of Framingham 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. to Thurs. 9 am to 3:30 pm and Fri. 9 am to 1:30 pm. Call Callahan Center to initially register for van service, 508-532-5980. Call MWRTA Call Center to schedule rides 508-820-4650, after your registration is confirmed.

FREE TAXI SERVICE AGE 60+: The Callahan Center has received Older Americans' Act funding administered by BayPath Elder Services and the CARES Act, providing seniors ages 60+ with FREE round-trip taxi rides beyond Framingham's borders for medical appointments and other necessities. It is essential to call at least one week in advance to request this service. Service potentially available on weekends and evenings with advance notice. If you have appointments in Boston's medical area or transportation needs to other communities outside MWRTA's service area please contact Sam Swisher at 508-532-5980, ext. 4113.

FREE TAXI SERVICE AGE 55+: Thanks to generous funding from MWRTA and collaboration with SMOC, Framingham residents age 55+ may request this free taxi service to destinations beyond Framingham, but within MWRTA's service area.

For more information regarding FREE TAXI

SERVICES: Please email Sam Swisher at sps@framinghamma.gov or call 508-532-5980, ext. 4113 and leave a message.

HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2021

Callahan's Social Services Department is currently processing NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the first time. Please contact Cheryl Lavalley at 508-532-5980, ext. 4134 for information and eligibility requirements.

IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. This could mean as much as \$100 per month available to buy groceries. The money you save on your grocery bill could be put towards other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.



THANK YOU BAYPATH ELDER

SERVICES: Thanks to Title III Older Americans Act funding administered by BayPath Elder Services, the Continuing Connections program is available during this year free of charge to its participants. The Callahan Center is grateful for this generosity.

CAN YOU CHANGE YOUR MEDICARE PLAN?



You may still be able to change plans during 2021. If you believe you are in the wrong plan due to an enrollment error or being given wrong information, you may be allowed to make a change.

If you have been in a Medicare Advantage (HMO or PPO) plan since the beginning of the year, a change can be made once from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want. You may also be able to change plans if you're a Prescription Advantage member, if you're getting Extra Help with your Medicare drug coverage, if you've recently moved, or for other reasons.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on these issues and all Medicare options. Due to COVID-19, counseling is being done by phone. To schedule a SHINE appointment, call the Callahan Center at 508-532-5980, ext. 0. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name, town and phone number.

THE CITY'S NEW INFORMATION PHONE LINE, DEDICATED TO
FRAMINGHAM COVID-19 PANDEMIC INFORMATION IS LIVE.
STAFF WILL ANSWER CALLS MONDAY-FRIDAY, 8:30 A.M. - 3:30 P.M.
TO REACH THE CITY'S PHONE LINE, DIAL (508) 532-5411.



FRIENDS BOARD MEMBERS

PresidentMark Goldman
 Vice President.....Patrick Dunne
 Treasurer.....Geri Weinstein
 Rec. Secretary.....Linda Levitt
 Sunshine Lady..... Mary Megill
Members: Roger Appell, Karin Beth,
 Cece Binette, Jim DeSimone, Joan LeBlanc,
 Chris Lorant, Kathy Mello, Bea Mooar,
 JoAnn Morse, Jo-Ann Tupper

Brenda Erickson, Trip Coordinator, Friends of Callahan Travel

FRIENDS BOARD MEETING

March 2 at 2 p.m.

The Friends of Callahan are busy updating their records to include all member email addresses. To ensure that you receive important updates from the Friends, please be sure to send your address to: Friendsccinc@yahoo.com



THE SUNSHINE LADY'S CORNER

We're continuing to reach out by mail to those in need. The Friends would like to reach out to all our members in time of need. The Sunshine Lady - a.k.a. Mary Megill - can help brighten their day and/or offer condolences. Do you know of any members who are ill, hospitalized, recovering from surgery, or in rehab? Has any Friends member or a family member passed on? Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who continues to mail cards on behalf of the Friends of Callahan.



Friends Membership Callahan Center

535 Union Avenue
 Framingham, Massachusetts 01702



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Your e-mail address will only be used by the Callahan Center.

The Friends membership entitles you to:

Receive the Callahan Courier newsletter at your home each month (an e-mail version is coming soon); attend events and programs (virtually until the center re-opens); book trips with our travel department (in the future); and attend meetings where you can vote on general Friends of Callahan business.

The Friends of Callahan Senior Center, Inc. is a non-profit 501(c)3 organization.

* Please make your check payable to "Friends of Callahan" and mail to: Friends Membership Callahan Center
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FOOD RESOURCES AVAILABLE DURING THE COVID-19 OUTBREAK

Information subject to change

CITY OF FRAMINGHAM:

The City has set up a phone number for those experiencing an extreme food emergency and will make every effort to meet the needs of these emergencies. Someone having an **extreme food emergency** is defined as a person who:

- Has NO ability to access other food resources in Framingham from the organizations listed below.
- Has no formal or informal networks of support for help getting food.

If you meet these guidelines, please call: 508-532-5479

CALENDAR OF EMERGENCY FOOD RESOURCE SITES:

MONDAYS

9 am-1 pm: Food Pantry - Open to anyone: United Way of Tri-County - Pearl Street Cupboard, 46 Park Street, Framingham, 508-370-4921

5-7 pm: Hot Meals to Go - Open to anyone: United Way of Tri-County Café - 46 Park Street, Framingham, 508-370-4921

TUESDAYS

9:30 am-12:30 pm: Food Pantry and Clothing - A Place to Turn - 99 Harford Street. ** Open to MetroWest residents through **referral (required)**** Call 508-655-8868 for more info.

5-7 pm: Hot Meals to Go - Open to anyone: United Way of Tri-County Café - 46 Park Street, Framingham, 508-370-4921

WEDNESDAYS

9 am-1 pm: Food Pantry - Open to anyone: United Way of Tri-County - Pearl Street Cupboard, 46 Park Street, Framingham, 508-370-4921

4-6 pm: Food Distribution - Daniel's Table - 10 Pearl Street, Framingham. Open to ages 60+ and families w/ children. ****Prior Registration Required:** 508-405-0769**

5-7 pm: Hot Meals to Go & Food Pantry - Open to anyone: United Way of Tri-County Cupboard & Café - 46 Park Street, Framingham, 508-370-4921

THURSDAYS

9:30 am-12:30 pm: Food Pantry and Clothing - A Place to Turn - 99 Harford Street. ** Open to MetroWest residents through **referral (required)**** Call 508-655-8868 for more info.

5-7 pm: Hot Meals to Go - Open to anyone: United Way of Tri-County Café - 46 Park Street, Framingham, 508-370-4921

FRIDAYS

9 am-1 pm: Food Pantry - Open to anyone: United Way of Tri-County - Pearl Street Cupboard, 46 Park Street, Framingham, 508-370-4921

1-3 pm: Food Distribution - Daniel's Table - 10 Pearl Street, Framingham. Open to ages 60+ and families w/ children. ****Prior Registration Required:** 508-405-0769**

5-7 pm: Hot Meals to Go - Open to anyone: United Way of Tri-County Café - 46 Park Street, Framingham, 508-370-4921

SATURDAYS & SUNDAYS

12-1 pm: Hot Meals to Go - Open to anyone: United Way of Tri-County Café - 46 Park Street, Framingham, 508-370-4921

ADDITIONAL RESOURCES:

Salvation Army, 350 Union Ave., Framingham. Available by appointment Monday-Friday for pick-up of food and/or personal care items. Call 508-875-3341 for an appointment.

Hope Framingham Food Pantry, 214 Concord Street, Framingham. Call for more info: 508-848-2401.

St. Bridget Food Pantry for Framingham residents in need. Call for more info: 508-875-5959

Project Bread: A statewide, toll-free hotline providing information and referral service for people facing hunger. Call: 1-800-645-8333, (TTY 1-800-377-1292).



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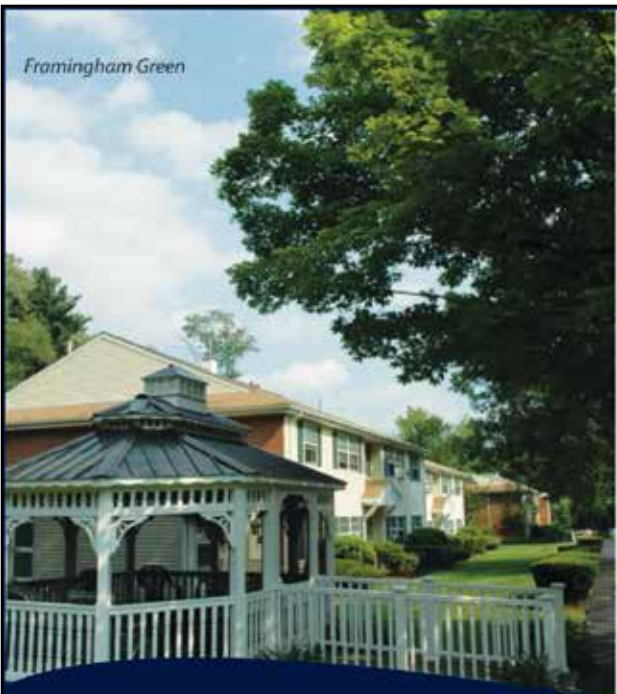


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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



BEWARE OF ELDER FRAUD SCHEMES

Information for this article was excerpted from the FBI Scams & Safety page online at fbi.gov

Each year, millions of older Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams, to name a few. Criminals will gain their targets' trust and may communicate with them directly via computer, phone, and the mail; or indirectly through the TV and radio. Once successful, scammers are likely to keep a scheme going because of the prospect of significant financial gain.

COMMON ELDER FRAUD SCHEMES

Romance scam: Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.

Tech support scam: Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.

Grandparent scam: Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.

Government impersonation scam: Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.

Sweepstakes/charity/lottery scam: Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."

Home repair scam: Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.

TV/radio scam: Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.

Family/caregiver scam: Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.



PROTECT YOURSELF

- Recognize scam attempts and end all communication with the perpetrator.
- Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action.
- Call the police immediately if you feel there is a danger to yourself or a loved one.
- Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.
- Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.
- Take precautions to protect your identity. If a criminal gains access to your device or account, immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.

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▶ CELEBRATE ST. PATRICK'S DAY WEDNESDAY, MARCH 17

The information below was excerpted from Wikipedia at <https://en.wikipedia.org>

WHO WAS ST. PATRICK AND WHY DO WE CELEBRATE?

According to Wikipedia.org, "Saint Patrick was a 5th-century Romano-British Christian missionary and bishop in Ireland. Much of what is known about Saint Patrick comes from the Declaration, which was allegedly written by Patrick himself. It is believed that he was born in Roman Britain in the fourth century, into a wealthy Romano-British family. His father was a deacon and his grandfather was a priest in the Christian church. According to the Declaration, at the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. It says that he spent six years there working as a shepherd and that during this time he "found God." The Declaration says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. According to tradition, Patrick returned to Ireland to convert the pagan Irish to Christianity. Tradition holds that he died on March 17, circa 461 A.D. and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint."

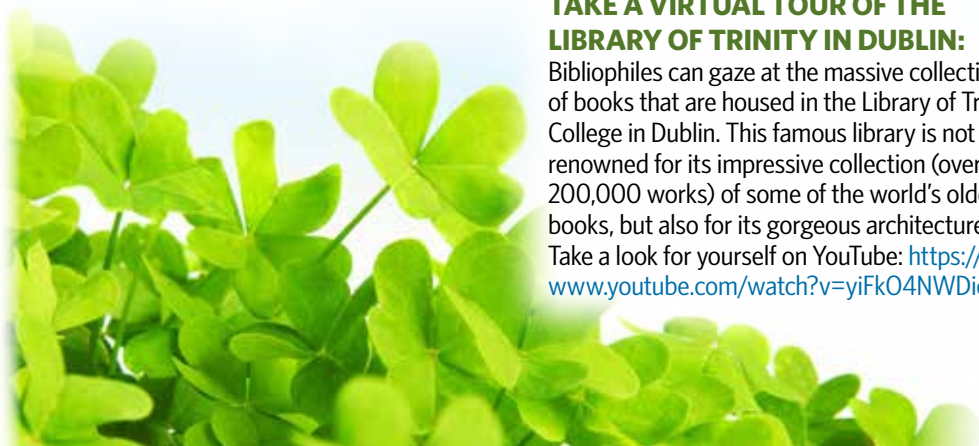
WHY DO WE WEAR GREEN ON ST. PATRICK'S DAY?

"Green ribbons and shamrocks have been worn on St Patrick's Day since at least the 1680s. The Friendly Brothers of St Patrick, an Irish fraternity founded in about 1750, adopted green as its color. However, when the Order of St. Patrick—an Anglo-Irish chivalric order—was founded in 1783

it adopted blue as its color, which led to blue being associated with St Patrick. During the 1790s, green would become associated with Irish nationalism. The phrase 'wearing of the green' comes from a song of the same name, which laments United Irishmen supporters being persecuted for wearing green."

IN BOSTON: A DOUBLE OBSERVANCE

In Suffolk County, St. Patrick's Day is recognized alongside Evacuation Day. Evacuation Day commemorates the evacuation of British forces from the city of Boston following the Siege of Boston, early in the American Revolutionary War. The 11-month siege of Boston ended when the Continental Army, under the command of George Washington, fortified Dorchester Heights in early March 1776 with cannons captured at Ticonderoga. British General William Howe, whose garrison and navy were threatened by these positions, was forced to decide between attack and retreat. To prevent what could have been a repeat of the Battle of Bunker Hill, Howe decided to retreat, withdrawing from Boston to Nova Scotia on March 17, 1776.



▶ VIRTUAL HIGHLIGHTS OF IRELAND

CHECK OUT A FEW CASTLES: One of the best things to do in Ireland is to tour its famous castles. Explore the 11 Best Castles to Visit in Ireland at <https://www.tripsavvy.com/the-best-castles-to-visit-in-ireland-4164295>.

Travelzoo Senior Editor Gabe Saglie hit the road in search of history (and a bit of luxury). Here's a peek at four landmark properties: Trim Castle, Kilkenny Castle, Kilkea Castle and Adare Manor available on YouTube: https://www.youtube.com/watch?v=s_oE2EKU7w

VISIT THE HOUSE OF WATERFORD:

Learn about world famous Waterford Crystal by visiting: <https://www.waterfordvisitorcentre.com/> Be sure to see the two videos posted at the bottom of this home page, before further exploring this site, which includes the history of Waterford dating back to the 1700s.

TAKE A VIRTUAL TOUR OF THE LIBRARY OF TRINITY IN DUBLIN:

Bibliophiles can gaze at the massive collection of books that are housed in the Library of Trinity College in Dublin. This famous library is not only renowned for its impressive collection (over 200,000 works) of some of the world's oldest books, but also for its gorgeous architecture. Take a look for yourself on YouTube: <https://www.youtube.com/watch?v=yiFkO4NWDio>



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MARCH IS A MONTH TO CELEBRATE FOOD

Information for this article was compiled from several online resources, including <https://www.thenibble.com>, <https://en.wikipedia.org>, and <https://www.mondelezinternational.com/>

MORE THAN 30 FOOD HOLIDAYS IN MARCH

From National Cheeze Doodle Day (3/5) to Chocolate Covered Raisin Day (3/24) to National Turkey Neck Soup Day (3/31), the March calendar is filled with reasons to celebrate food...glorious food! Two of these delicious days are highlighted below, but for a complete listing, visit The Nibble online at: <https://www.thenibble.com/fun/more/facts/holidays-march.asp>

OREO COOKIE DAY: MARCH 6

Which came first – Oreo or Hydrox: The "Oreo Biscuit" was first developed and produced by the National Biscuit Company (today known as Nabisco) in 1912 at its Chelsea, New York City factory in the present-day Chelsea Market complex. The name Oreo was trademarked on March 14, 1912. It was launched as an imitation of the Hydrox cookie manufactured by Sunshine company, which was introduced in 1908.

The original design on the face of the Oreo featured a wreath around the edge of the cookie and the name "OREO" in the center. The modern-day Oreo design was developed in 1952 by William A. Turnier incorporating the Nabisco logo. The modern Oreo cookie filling was developed by Nabisco's principal food scientist, Sam Porcello, who retired from Nabisco in 1993. Porcello held five patents directly related to his work on the Oreo.

Oreo Fun Facts

100: Oreo cookies are found in over 100 countries.

2: Two hours is the time it takes to make and bake one Oreo cookie.

5: The number of times the total amount of Oreo cookies made in a year would circle the Earth.

71 to 29: The Cookie to Cream Ratio! Every Oreo cookie, aside from Double Stuf, Mini Oreos, Mega Stuf, and Oreo Thins, is exactly 71% cookie and 29% cream. Although, as a very inquisitive math class found out, Double Stuf actually equated to about 1.86 times the amount of cream of a regular Oreo and Mega Stuf holds about 2.68 times the amount, according to CNN.

40 Billion: The number of Oreo cookies produced globally each year.

NATIONAL POTATO CHIP DAY: MARCH 14

According to the Snack Food Association, the potato chip was born a generation after the French fry at the fashionable Moon Lake Lodge in Saratoga, New York. A testy older diner, Commodore Cornelius Vanderbilt, sent his food back to the kitchen, complaining that the fried potatoes were not sliced thin enough and were too soggy. The cook, George Crum, cut and fried a thinner batch, but these, too, were rejected. Equally testy, Crum decided to fight back by slicing the potatoes wafer-thin, frying them to a crisp in boiling oil and over-salting them. They were too crisp to eat: they could not be pierced with a fork without shattering—and no gentleman of the day would have dreamed of picking up food with his fingers at the dining table. But Crum was rewarded with compliments to the chef: the Commodore loved the "crunch potato slices." Other diners requested the potatoes, which began to

appear on the menu as Saratoga Chips, a house specialty. Soon the chips were packaged and sold, first locally, then throughout the New England area. "Saratoga Chips" became a hit and Crum eventually opened his own restaurant across the lake, featuring them.

Secrets from a Potato Chip Factory: Take a video tour of Herr's potato chip factory in Pennsylvania to find out how making chips has changed (and gotten more efficient) since 1946. Available from NPR's Planet Money at: <https://www.npr.org/sections/money/2013/04/04/176241137/video-secrets-from-the-potato-chip-factory> or Google it.

Cape Cod Potato Chips: Local favorite, Cape Cod Potato Chips got its start on July 4, 1980, when two small business owners made their dream of making crunchy, delicious, unique quality potato chips a reality. They set up a small storefront in Hyannis, MA where their chips quickly became a local favorite. The business soon grew out of the storefront and a worldwide love affair with this locally-made snacks soon began. Follow this photo tour of how Cape Cod Potato Chips are made: <https://www.masslive.com/galleries/CDPHCO2GTZEU5MR55CVGUDNPBA/>

Top 10 Potato Chips in the US: Take a look at the top 10 brands ranked by sales, according to the website pennlive.com. Apparently, you can't eat just one, as Lay's tops the list along with other offerings from Frito-Lay including: #2 Wavy Lay's, #3 Ruffles, #6 Lay's Kettle Cooked, and #10 Baked Lays. Lay's did an eye-popping \$1.65 billion in sales in the United States in 2015. Other chips in the top 10 include: #4 Kellogg's Pringles, #7 Cape Cod Potato Chips, and #8 Utz.



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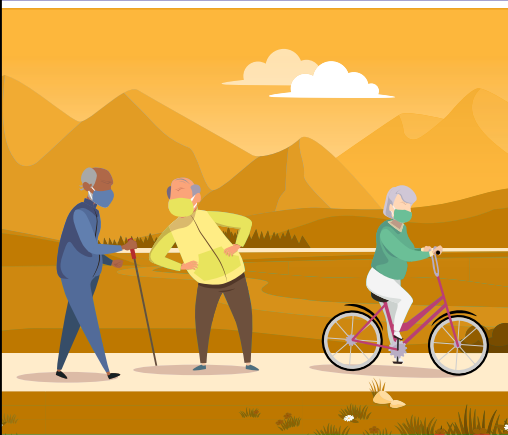
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 1 9 ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 ZOOM: Sports Fanatics with Mark Goldman | 2 10 ZOOM: Aerobics 1 ZOOM: Parkinson's Support Group 2 Friends Board Meeting | 3 9 ZOOM: Strength Training/Cardio with Delaney \$3 10:30 ZOOM: Mindful Living & Meditation \$3 | 4 9:30 ZOOM: Zumba with Susan Craver \$3 <i>Classes pending</i> | 5 10:30-11 NEW Monthly Zoom Class: Stretch w/ Anthony 11 ZOOM: Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor with Mary Megill |
| 8 9 ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 ZOOM: Sports Fanatics Led by Mark Goldman | 9 10 ZOOM: Aerobics 1-2 ZOOM: Bereavement Support Group 1:30 COA Board Meeting | 10 9 ZOOM: Strength Training/Cardio with Delaney \$3 10:30 ZOOM: Mindful Living & Meditation \$3 1:30 ZOOM: Meet Lester Baker, Framingham Chief of Police 3:30 ZOOM: NEW Monthly Travel Discussion Group | 11 9:30 ZOOM: Zumba with Susan Craver \$3 <i>Classes pending</i> 10 ZOOM: Grandparent Support Group 1:30 ZOOM: Machu Pichu & The Sacred Valley of Peru, Presented by Devik Wyman | 12 11 ZOOM: Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor with Mary Megill |
| 15 9 ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 ZOOM: Sports Fanatics with Mark Goldman 1:30 Intro to Zoom with Ralph Dunlea | 16 10 ZOOM: Aerobics 1-2 ZOOM: Parkinson's Support Group 1 ZOOM: The Rise of Beatlemania in America, Presented by Aaron Krerowicz | 17 9 ZOOM: Strength Training/Cardio with Delaney \$3 10:30 ZOOM: Mindful Living & Meditation \$3 11-12:30 VIA PHONE: Low Vision Support Group 1-2:30 ZOOM:  The Irish and the American Revolution, Presented by Prof. Richard Bell | 18 9:30 ZOOM: Zumba with Susan Craver \$3 <i>Classes pending</i> | 19 11 ZOOM: Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor with Mary Megill |
| 22 9 ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 ZOOM: Sports Fanatics with Mark Goldman 1 ZOOM: Turning  Points that Changed American History, Presented by Prof. Edward T. O'Donnell | 23 9-11 VIA PHONE: Legal Clinic-Appt. Required 10 ZOOM: Aerobics 1-2 ZOOM: Bereavement Support Group 1:30 Zoom: Better Breathers: Pulmonary Rehab | 24 9 ZOOM: Strength Training/Cardio with Delaney \$3 10:30 ZOOM: Mindful Living & Meditation \$3 1:30 ZOOM: The Netherlands: Wind, Water & Wildlife, Presented by Joy Marzolf | 25 9:30 ZOOM: Zumba with Susan Craver \$3 <i>Classes pending</i> 10 ZOOM: Grandparent Support Group | 26 11 ZOOM: Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor with Mary Megill |
| 29 9 ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 ZOOM: Sports Fanatics with Mark Goldman 1:30 ZOOM: Online Security & Safety with Ralph Dunlea | 30 10 ZOOM: Aerobics | 31 9 ZOOM: Strength Training/Cardio with Delaney \$3 10:30 ZOOM: Mindful Living & Meditation \$3 6:30 EVENING PROGRAM ZOOM: New England's General Stores, Presented by Ted Reinstein  | VIRTUAL PROGRAMS VIA ZOOM ARE EASILY ACCESSIBLE BY TELEPHONE (LANDLINE), SMARTPHONE, TABLET OR COMPUTER.  Note: Fitness programs require a tech device so that you can see the instructors. | |

Older Adults: Care for yourself one small way each day



Engage in creative social activities like painting, gardening, or new hobbies.

Find new ways to safely connect with family and friends, get support, and share feelings



Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Treat yourself to healthy foods and get enough sleep

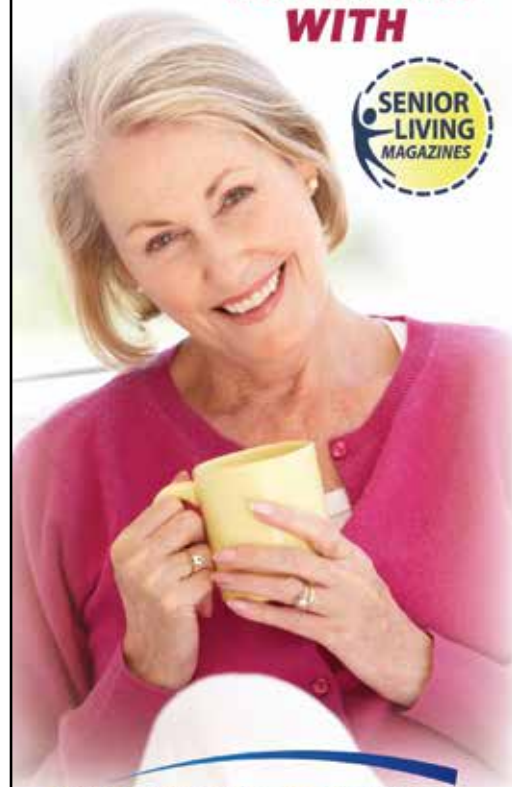


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SOLD

Elder Law with Frank and Mary



by **Arthur P. Bergeron & Leah A. Kofos**

Arthur and Leah are elder law attorneys in the Trusts and Estates Group at Mirick O'Connell.

A FEW TIPS FOR TAX SEASON

I love being at Mirick O'Connell because when my elder clients inevitably call me at this time of year asking tax questions, I can always rely on the lawyers here who have focused on tax issues their entire lives instead of looking things up. Here are a few quick tips that are especially relevant to Frank and Mary and the many seniors like them:

- You probably have to file a federal income tax return. Under federal law, the filing requirement is not based on your income, but on the amount of your combined federal standard deduction and the deduction you get from being 65 or older. For 2020, if you're single, that amount is \$14,050; if you're married filing jointly, it is \$27,400.
- Up to 50% of Social Security payments are taxable if your 2020 income exceeds \$25,000 if single, \$32,000 if married, or up to 85% of the payments are taxable if your income exceeds \$34,000 if single, \$44,000 if married. In determining amount of income, add 50% of Social Security payments to your other income.
- You must file a Massachusetts income tax return if your income exceeds \$8,000.
- If your local real estate taxes (plus 50% of your water/sewer bill) exceeds 25% of your income, or if you're a tenant and your rent exceeds 25% of your income, you're probably entitled to get a check back from the Commonwealth of up to \$1,150 after filing state returns.
- Certain improvements to your home, as well as payments to health care providers who helped you or your spouse, may be deductible as medical deductions. Small (grab-bars) and big (elevators) improvements you made to your home may be tax-deductible, as well as the costs of the aides that help you stay home. You should start thinking about the home improvements you want to make this year so you can deduct them next year. By paying for these with some of your IRA or other tax-deferred funds, you are effectively eliminating the tax on those funds.
- If your child is paying for those improvements or for extra care at home, and if that total cost was over 50% of your annual expenses, your child may be able to claim you as a dependent and take the medical deduction. That may be useful if you have previously given away some of your assets to your child (or to an irrevocable trust for his/her benefit) since your child's income, and therefore the effect of the tax benefit, may be much larger than it would be for you.

I will be discussing tax issues in more depth during this month's elder law virtual seminar, ALL ABOUT TAXES, which can be watched on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on local cable stations, along with Frank and Mary in Framingham, the local Access Framingham cable TV shows, where my co-host, Grace O'Donnell and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at 508-860-1470 or abergeron@mirickoconnell.com.



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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | 4 | | 8 | 7 | | |
| | | | 3 | | | | | |
| 5 | | | | | | | 9 | 8 |
| 8 | 5 | | | 1 | | 3 | 4 | |
| | | | 9 | | | | 2 | |
| | | 9 | | | 8 | | | 1 |
| 3 | 7 | | | | | | 8 | 4 |
| | | 8 | | | | 1 | 3 | 7 |
| | 1 | | | | | 2 | | |

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DIFFICULTY: ★★☆☆

Answer to Previous Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | 1 | 8 | 5 | 9 | 3 | 2 | 4 |
| 4 | 9 | 3 | 1 | 2 | 7 | 6 | 5 | 8 |
| 2 | 8 | 5 | 3 | 4 | 6 | 7 | 1 | 9 |
| 3 | 7 | 4 | 5 | 1 | 8 | 9 | 6 | 2 |
| 8 | 5 | 9 | 4 | 6 | 2 | 1 | 3 | 7 |
| 6 | 1 | 2 | 9 | 7 | 3 | 8 | 4 | 5 |
| 5 | 4 | 8 | 7 | 3 | 1 | 2 | 9 | 6 |
| 9 | 3 | 6 | 2 | 8 | 5 | 4 | 7 | 1 |
| 1 | 2 | 7 | 6 | 9 | 4 | 5 | 8 | 3 |

CROSSWORD PUZZLE

ACROSS

- 1 Also known as (abbr.)
 4 "Blue Eagle"
 7 Exclamation
 10 Rom. public lands
 11 Possessive pronoun
 12 Rake
 14 Decoy (2 words)
 16 Anglican (abbr.)
 17 Mouse-spotter's cry
 18 Heath evergreen
 20 His (Fr.)
 21 Birds (pref.)
 22 Both (pref.)
 24 Short
 28 Antiseptic
 31 Forest ox
 32 Hebrew (abbr.)
 34 St. Petersburg's river
 35 Style of art
 37 Papal church

DOWN

- 39 Girdle
 41 Pounds (abbr.)
 42 Veneration
 44 Indian sacred fig
 46 Disposed
 49 Hang fire
 51 Wise
 53 Demolish: Brit.
 54 Half-boot
 55 Hall (Ger.)
 56 Parrot
 57 Lifetime
 58 Compass direction

ANSWER TO PREVIOUS PUZZLE

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| N | O | G | G | B | O | S | H | C | C | A |
| A | M | L | A | V | I | N | O | O | I | L |
| P | R | E | V | A | I | L | O | N | R | A |
| I | D | E | M | L | A | C | K | B | O | R |
| S | L | R | S | I | A | L | H | E | A | R |
| H | O | I | A | R | B | O | R | A | G | E |
| U | S | P | S | C | O | D | E | L | O | S |
| L | H | A | S | A | B | I | T | S | | |
| R | E | N | D | E | T | A | H | | | |
| N | M | I | C | A | S | T | M | E | T | A |
| A | A | A | O | C | T | A | N | A | T | O |
| B | A | N | N | E | A | P | O | P | E | N |

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | | 4 | 5 | 6 | | 7 | 8 | 9 | |
| 10 | | | | | 11 | | | | 12 | | | 13 |
| 14 | | | | 15 | | | | | 16 | | | |
| 17 | | | | | 18 | | | | 19 | | 20 | |
| | | | | 21 | | | 22 | | 23 | | | |
| 24 | 25 | 26 | | | | 27 | | 28 | | | 29 | 30 |
| 31 | | | | | 32 | | 33 | | 34 | | | |
| 35 | | | | 36 | | 37 | | 38 | | | | |
| | | 39 | | | 40 | | 41 | | | | | |
| 42 | 43 | | | 44 | | 45 | | | 46 | 47 | 48 | |
| 49 | | | 50 | | 51 | | | | 52 | | | |
| 53 | | | | | 54 | | | | 55 | | | |
| | 56 | | | | 57 | | | | 58 | | | |

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- Gloria C. // resident daughter

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